

TOWN OF BROOKHAVEN

SENIOR CITIZEN DIVISION



Happy Talk

JANUARY—MARCH 2016 ISSUE



Welcome to the January—March Edition of Happy Talk.

From myself and everyone at Brookhaven Town Hall, Happy New Year! Last year our Senior Citizen Division did a fantastic job of providing services and activities to thousands of residents. This year we will continue to ensure Brookhaven seniors stay active, remain socially connected, are provided with necessary assistance and enjoy all that the Town has to offer.

Inside this edition, you will find useful information regarding some of our programs. Our nutrition programs not only provide a healthy mid-day meal, they also offer excellent opportunities to engage in a variety of social, recreational and educational activities. The Town has two nutrition programs, located in Mount Sinai and Mastic. The funding for these programs is provided by Suffolk County Office for the Aging. If you are interested in joining one of our nutrition programs, additional details can be found in this newsletter.

I would also like to take this opportunity to inform you about the senior citizen Helpline, a free telephone reassurance program for isolated or homebound seniors. Volunteers make daily reassurance phone calls to clients Monday through Friday, excluding holidays, to ask how they are doing, answer questions and provide important information about Town or County Services. Most of the volunteer callers are senior citizens themselves. If you need a reassuring phone call, know someone who would benefit from this service or would like to become a volunteer, please call 451-9191.

There are also several events, classes and activities scheduled in the coming months ranging from Defensive Driving Classes to the Valentine's Day and St. Patrick's Day Dances. A list of upcoming events, is included in this edition of "Happy Talk."

Brookhaven Town is looking forward to having another successful year in 2016 and I wish you and your family the best in the New Year. Please do not hesitate to contact the Town's Senior Citizen Division to see how we can assist you or to get involved in some of our exceptional programs.

Edward P. Romaine

Valentine's Day Dance

Wednesday, February 24, 2016

1:30 – 3:30 pm

**Rose Caracappa Senior Center
739 Route 25A, Mt. Sinai 11766**

♥ **Coffee & Cake will be served**
♥ **Music & Entertainment by Louis Del Prete**

Tickets are limited!
For more information, please call 631-476-6449



Edward Romaine, Supervisor

Valerie M. Cartright, District 1
Kevin LaValle, District 3
Neil Foley, District 5

Jane Bonner, District 2
Michael Loguercio, District 4
Daniel J. Panico, District 6

Donna Lent, Town Clerk
Louis Marcoccia, Receiver of Taxes
Daniel Losquadro, Superintendent of Highways

St. Patrick's Day Dance

Monday, March 21, 2016

1:30 – 3:30 pm

**Rose Caracappa Senior Center
739 Route 25A, Mt. Sinai, NY 11766**

❖ **Music & Entertainment by Louis Del Prete**
❖ **Coffee & Cake will be served**

Please pick up your free ticket at the front desk
Tickets are limited

For more information, please call 631-476-6449



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Town of Brookhaven Nutrition Program

Bay Area Nutrition Program

15 Herkimer Street Mastic, NY 11950

631-281-7679

North Shore Nutrition Program

739 Route 25A, Mt. Sinai, NY 11766

631-476-6446

Residents age 60 and over can attend our lunch program and get a well-balanced, nutritious meal that is served Monday through Friday in a friendly, social atmosphere. A voluntary \$2.00 donation is suggested for lunch. The program also provides seniors with the opportunity to meet new friends and participate in many other activities.

Nutrition Program is partially funded by Suffolk County Office for the Aging, New York State Office for the Aging and Administration for Community Living

MOVIES

EXERCISE

CONVERSATION

GAMES

DANCING

Transportation is provided, subject to availability. A voluntary donation of \$1.00 is suggested for transportation. All donations are solely used to enhance the program. No one will be denied services because of their inability or unwillingness to contribute.



Edward P. Romaine, Supervisor

Valerie M. Cartright District 1, Jane Bonner District 2, Kevin LaValle, District 3,

Michael Loguercio District 4, Neil J. Foley, District 5, Daniel J. Panico, District 6

Donna Lent, Town Clerk, Louis J. Marcoccia, Rec. of Taxes, Daniel P. Losquadro, Superintendent of Highways



Happy New Year!

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Created by Evelyn Bailey Johnson

****Please see back cover for answers****

ACROSS

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| 1. Chime | 29. Smacks (2 wds.) | 57. Morn |
| 5. Do a dance | 32. Fill | 59. Not far |
| 10. Resort hotel | 33. Kitchen appliance | 60. Iranian's neighbor |
| 13. Northwest by north | 34. New Year's Day | 62. Every |
| 14. Disorder | 36. Marrow | 66. Sly |
| 15. Glean | 37. Long, skinny boat | 67. Shrew |
| 16. Entreaty | 38. Pit | 68. Too |
| 17. Dukes | 42. What is on a CD | 69. Vane direction |
| 18. "Mister" (German) | 43. Opera solo | 70. Side note |
| 19. Compass point | 44. Pitcher | 71. Religious ceremony |
| 21. Small pieces of
colored paper | 46. Sliding | |
| 23. Wing | 49. Helper | |
| 26. Affirmative | 51. Male offspring | |
| 28. Type of alcohol | 52. British thermal unit | |
| | 53. Give credentials to | |

DOWN

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| 1. Gross national product
(abbr.) | 24. Wash | 49. Move feet and body to
music |
| 2. Night bird | 25. At sea | 50. Large water body |
| 3. North by east | 27. Couches | 54. Prima donna |
| 4. Chew | 30. Dynamite | 55. Part of the eye |
| 5. Drama division | 31. Conclusion | 56. Ride on the runway |
| 6. Expression of surprise | 32. Com pass point | 58. 365 days |
| 7. Artist Chagall | 35. Stones | 61. Proof ending |
| 8. Knife | 37. Pooch | 63. Boxer Muhammad |
| 9. Association (abbr.) | 38. Gloomy | 64. Time zone |
| 10. Get really mad | 39. Baby bed | 65. Garden too |
| 11. Birthday_ | 40. Am not | |
| 12. Month | 41. Prego's competition | |
| 15. Gone With the
Wind's Mr. Butler | 42. Meager | |
| 20. Sayonara | 44. Confine | |
| 22. Deed | 45. Fuss | |
| 23. Molecule | 47. Salt addition | |
| | 48. Deoxyribonucleic
acid (abbr.) | |



BRING A BOOK, BORROW A BOOK

The Town of Brookhaven Senior Citizen Division will be introducing a “Bring a Book, Borrow a Book” program in the Senior Citizen Division located at Town Hall on the 2nd floor. Come and borrow a book or donate your old books. Donations are for novels only, books must be in good condition. Donations will be accepted Monday through Friday. The “Bring a Book, Borrow a Book” program is currently open to all seniors in the Town of Brookhaven.

RECIPE CORNER

Baked Garlic Parmesan Chicken

- ♦ 2 tablespoons olive oil
- ♦ 1 clove garlic, minced
- ♦ 1 cup dry bread crumbs
- ♦ 2/3 cup grated Parmesan cheese
- ♦ 1 teaspoon dried basil leaves
- ♦ 1/4 teaspoon ground black pepper
- ♦ 6 skinless, boneless chicken breast halves



Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
2. In a bowl, blend the olive oil and garlic. In a separate bowl, mix the bread crumbs, Parmesan cheese, basil, and pepper. Dip each chicken breast in the oil mixture, then in the bread crumb mixture. Arrange the coated chicken breasts in the prepared baking dish, and top with any remaining bread crumb mixture.
3. Bake 30 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.

Send your favorite recipe to: dmarchese@brookhaven.org

Yellow Dot Program



The Suffolk County Sheriff's Office, in conjunction with the New York State Sheriffs' Association, are pleased to offer the Yellow Dot Program to Suffolk County residents free-of-charge. The Yellow Dot Program is designed to help first responders provide life-saving medical attention during that first "golden hour" after a crash or other emergency.

A Yellow Dot decal on the driver's-side rear window of your vehicle will alert first responders that vital medical information is stored in the glove compartment.

How Yellow Dot Works:

Each Yellow Dot kit contains a personal information card and a Yellow Dot decal.

- Complete both sides of the personal information card as completely as possible, in pencil. Attach a recent photo of yourself and place it in a visible location in your car's glove compartment.
- Complete one card for each person who regularly occupies the vehicle. See below to request additional medical information forms.
- Place the Yellow Dot decal on the rear driver's side window to alert first responders to look in the glove compartment for your medical information.
- Personally update the card annually or bring it to your annual medical check-up. If you sell your car, remove the Yellow Dot sticker.

To request a Yellow Dot kit, call the Brookhaven Town Senior Citizen Division at 631-451-9191, or call the Suffolk County Sheriff's Office at 852-2663. Yellow Dot kits are also available in many local New York State Assembly offices throughout Suffolk County. Call your local Assembly member to inquire.

Suffolk County Police Department Prescription Drug Drop Off Program

In an effort to assist seniors and all residents with proper disposal of unused, unneeded or expired medications, the Town and the Suffolk County Police Department will be at the following locations between the hours of 10:00 am and 1:00 pm to accept your unused prescriptions. This effort not only prevents pills from entering our waterways, but also prevents potential abuse of prescriptions by those they were not prescribed for.

Drop off will be held the First Wednesday of each month at the following two Town facilities:

Henrietta Acampora Recreation Center
39 Montauk Highway
Bluepoint, NY 11715
631-363-5193

Rose Caracappa Senior Center
739 Route 25A
Mt. Sinai, NY 11766
631-476-6449



Town of Brookhaven Residential Repair Program

The Residential Repair Program provides household assistance with repairs that do not require the skills of a licensed craftsperson. The program offers minor repairs for senior citizens who are not able to perform themselves. THIS IS NOT AN EMERGENCY SERVICE. For more information and/or an application, call 451-9092.

Funding is provided by the Suffolk County Office for the Aging and the United States Department of Health and Human Services through the New York State Office for the Aging

Rose Caracappa Senior Citizen Cultural & Wellness Center

Located at the junction of Route 25A and Patchogue-Mt. Sinai Rd (Rte. 83), it is the setting for a wide array of multi-generational activities such as: workshops, book discussions, game playing, bridge, mah jongg, as well as classes for exercise, yoga, dancing, foreign language, and introduction to the internet. Residents are welcome to drop in and visit the center. The center is open Monday through Friday, 9:00am—4:30pm (excluding holidays). Many of the activities are free or have a minimal fee. Call the center for details at 476-6449 or 476-6431.



Nutrition Program

One of the most popular programs that the Town offers to our Seniors is the Nutrition Program. We are proud to announce that the Bay Area Nutrition Center has been relocated to the newly renovated Mastic Recreation Center at 15 Herkimer St., Mastic Beach—281-7679. You may also participate at the North Shore Nutrition Center located at the Rose Caracappa Center, 739 Route 25A, Mt. Sinai—476-6442 or 476-6446. Each site provides a nutritious lunch in a friendly, social atmosphere. A menu of delicious meals is planned by a registered dietician and served Monday through Friday. This program also gives seniors the opportunity to meet new friends and participate in many activities that are offered at both sites. Call the center in your area for details.

The Nutrition Program also offers the Meals on Wheels service.

Do you want to become a Volunteer and make a difference in your community?

If interested, call 476-6442 or 476-6446 in Mt. Sinai or 281-7679 in Mastic Beach.

*The Town of Brookhaven Nutrition Program is sponsored by the United States Department of Health and Human Services, New York State and the Suffolk County Office for the Aging.
There is a suggested donation of \$2 for lunch.*

The Lending Closet

The “Comfort Aids” organization lends medical equipment such as walkers, wheelchairs, commodes, canes and shower chairs at no cost to Town of Brookhaven residents. Supplies are limited and distributed on a first-come first-served basis. Donations are accepted and greatly appreciated. These services are offered at the following recreation centers:

Henrietta Acampora in Blue Point—(631) 363-5193

New Village in Centereach—(631) 732-2338

Robert E. Reid Sr. in Shoreham—(631) 744-2601





JITNEY TRANSPORTATION

The Town of Brookhaven Jitney Transportation Program is a shared ride, curb to curb service provided to our residents who are 60 years of age and over or disabled, cannot drive, or have no other means of transportation. Transportation is provided to medical facilities and grocery shopping. Medical transportation is provided on a first-come first-served basis and is by appointment only.

For more information and an application, call 451-9081 or 451-9082, Monday—Friday between 7:00 am and 3:30 pm. There is a fee for this service. Some restrictions do apply.



SENIOR CLUB NEWS

The Town of Brookhaven sponsors 28 Senior Citizen Clubs at various neighborhood locations town-wide.

The following Senior Citizen Clubs are looking for new members:

Center Moriches Senior Citizen Club—Meetings are held on Wednesdays at the East Moriches Firehouse

1 Pine Street, East Moriches

Lake Ronkonkoma Senior Citizen Club—Meetings are held on Mondays at the Lake Ronkonkoma Firehouse,
505 Hawkins Avenue, Lake Ronkonkoma

Selden Senior Citizen Club—Meetings are held on Thursdays at the Selden Firehouse,
44 Woodmere Place, Selden

Swan Lake Senior Citizen Club—Meetings are held on Wednesdays at the Henrietta Acampora Recreation Center,
39 Montauk Highway, Blue Point

Hagerman Senior Citizen Club—Meetings are held on Thursdays at the Henrietta Acampora Recreation Center,
39 Montauk Highway, Blue Point

Middle Island Senior Citizen Club—Meetings are held on Tuesdays at the Middle Island Fire House,
31 Arnold Avenue, Middle Island

Westfield Senior Citizen Club—Meetings are held on Wednesdays at the Selden Firehouse,
44 Woodmere Place, Selden

Centereach Senior Citizen Club—Meetings are held on Tuesdays at the New Village Recreation Center,
20 Wireless Road, Centereach

Albert Tinnie Senior Citizen Club—Meetings are held on Wednesdays at the Gordon Heights Fire House,
23 Hawkins Road, Medford

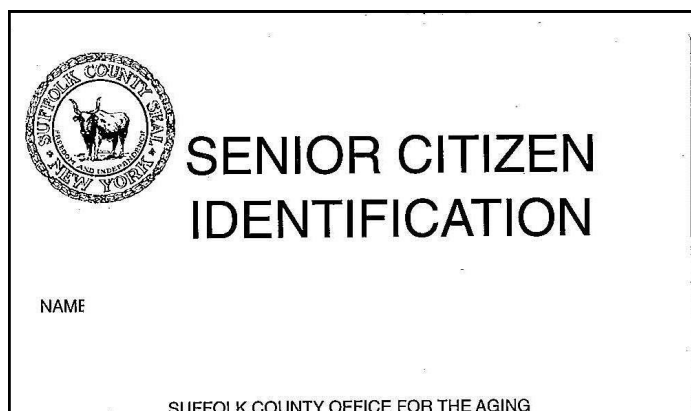
Senior Citizens of Manorville—Meetings are held on Thursdays at the Manorville Fire House,
14 Silas Carter Rd, Manorville

Patchogue Seniors—Meetings are held on Tuesdays at the Village of Patchogue Rec. Center,
380 Bay Ave, Patchogue

All meetings are from 10:00 am—3:00 pm.

Senior Citizen I.D. Cards

If you are 60 years of age or older and a Suffolk County resident, you are entitled to a Senior Citizen I.D. Card. The card offers many discounts to seniors including a reduced fare on the Suffolk County Bus System. Stop by the Town of Brookhaven Senior Citizen Division with proof of age and residence and you will be issued an I.D. card. For more information call 631-451-9191.



TOWN HALL HOLIDAY CLOSINGS 2016

New Year's Day	January 1, 2016
Martin Luther King Jr. Day	January 18, 2016
Lincoln's Birthday	February 12, 2016
Washington's Birthday (Presidents Day)	February 15, 2016
Good Friday	March 25, 2016
Memorial Day	May 30, 2016
Independence Day	July 4, 2016
Labor Day	September 5, 2016
Columbus Day	October 10, 2016
Election Day	November 8, 2016
Veteran's Day	November 11, 2016
Thanksgiving Day	November 24, 2016
Thanksgiving Day Weekend	November 25, 2016
1/2 Day Christmas Eve (Observed)	December 23, 2016 (Friday)
Christmas Day (Observed)	December 26, 2016 (Monday)
1/2 Day New Year's Eve (Observed)	December 30, 2016 (Friday)

Upcoming Events

- Every Monday** Line Dancing, 10:30 am
North Shore Nutrition, Mt. Sinai (631) 476-6442
- Every Monday** Exercise with Bob, 9:30 am—10:30 am,
Bay Area Nutrition, Mastic (631) 281-7679
- 2/9 & 3/8** Library, 9:45 am—10:30 pm
Bay Area Nutrition, Mastic (631) 281-7679
- 2/17 & 3/16** Senior Citizen Advocate, 9:00 am—12:30 pm
Bay Area Nutrition, Mastic (631) 281-7679
- 2/18 & 3/17** Exercise/Education, 9:30 am—10:30 am,
Bay Area Nutrition, Mastic (631) 281-7679
- 1/28** Defensive Driving Class, 9:30 am—3:30 pm,
Rose Caracappa Center, Mt. Sinai—Call (631) 476-6449 to register
- 2/8** Healing Hearts Workshop presented by Diane McNamara, LCSW-R from
Good Shepard Hospice, 10:30 am, Rose Caracappa Center, Mt. Sinai (631) 476-6449
- 2/24** Valentine's Dance, 1:30 pm—3:30 pm
Rose Caracappa Center, Mt. Sinai—Stop by or call (631) 476-6449 to reserve
- 3/14** Well Being Mind & Body Workshop presented by SCDH, 12:30pm
Rose Caracappa Center, Mt. Sinai (631) 476-6449
- 3/21** St. Patty's Day Dance, 1:30 pm-3:30 pm, Rose Caracappa Center, Mt. Sinai
Stop by or call to reserve a ticket (631) 476-6449

All events are subject to change. For more information, please call (631) 476-6449.

Solution:

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Evelyn Bailey Johnson

Town of Brookhaven

Department of Housing & Human Services

Diana Weir, Commissioner

Senior Citizen Division

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